



2022 State of Mental Health: U.S. Veterans Report

Foreword

Veterans and their families make extreme sacrifices, and they deserve our support. Our 2022 State of Mental Health: U.S. Veterans Report indicates alarming rates of mental health issues, substance use, employment barriers, and painful separations between veterans and their families.

Many veterans suffer in silence because of the stigma surrounding mental health, and the complexities of VA benefits and public healthcare make an unbearable situation almost impossible to navigate.

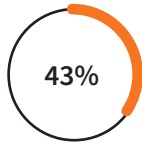


Noah Nordheimer

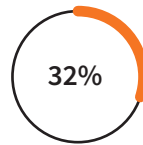
Founder & CEO
APN

Veterans Struggle More After Completing Military Service

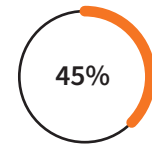
Typically, when we think of mental health issues for military service members, we anticipate the trauma of active combat. But most veterans experience more mental struggles after completing their service obligations.



Of veterans feel their mental health worsened after completing their military obligation



Say the mental health issues they face in day-to-day civilian life are worse than what they experienced in combat



Almost half (45%) of veterans say they don't believe their mental health will improve within the next year

Mental Health Issues Further Complicate Civilian Life

Many veterans have trouble acclimating to civilian life. They may cope with alcohol or other addictive substances, and most veterans struggle with employment issues.



Over half (56%) consume alcohol at least once per week

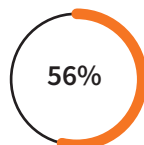


46% consume controlled substances once per week to cope with civilian life

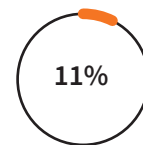


Most veterans (69%) either struggle to keep a job, have no drive to find a job, or face unemployment related to mental health issues

Even veterans who manage to successfully transition into a civilian profession continue to face mental health issues.



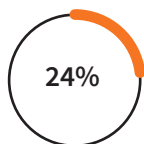
Over half (56%) of veterans in civilian roles say their mental health impacts their relationships at work



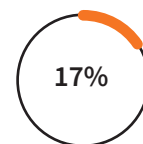
11% refuse to seek mental health treatment out of fear of being fired

Veterans Struggle in Silence

Many veterans suffer in silence because of the stigma surrounding mental health, and the complexities of VA benefits and public healthcare make an unbearable situation impossible to navigate.



Of veterans don't know where to begin when it comes to taking care of their mental health



Are afraid they will lose their medical or disability benefits if they seek help

Veterans and Their Families Are at Risk

Military service has lifelong repercussions that affect veterans and their families.



Most (61%) of veterans say their mental health affects their relationship with their partner, children, and/or parents



Almost half (45%) of veterans say someone in their immediate family needs mental health support because of their service



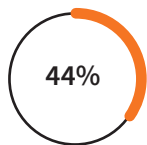
23% say they are afraid of losing custody of their children if they seek mental health services



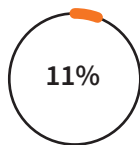
24% say they are concerned their friends/family will judge them

Disconnect from Alternative Healing Modalities

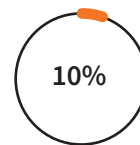
Still, when it comes to alternative treatment modalities, many veterans haven't been able to fully explore their options.



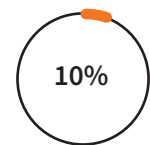
Have tried medication already



Only 11% of veterans have tried deep TMS



Have tried hyperbaric oxygen therapy



Have tried ketamine-assisted therapy

But nearly half (49%) said they would prefer non-traditional treatments to medication.

The Bottom Line

We train our military before they go to war, now it's time to seriously consider how we train them to re-enter civilian life. Veterans and their families face unique challenges, and as such, they need customized mental healthcare.

Asking for help is not a weakness. The research shows veterans might be more open to new and emerging treatment modalities like deep TMS, hyperbaric oxygen therapy, and ketamine-assisted therapy.

As an industry, we must continue to work towards destigmatizing mental health treatment and seek new, more effective options to inspire veterans as they've inspired us.

Noah Nordheimer

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Research Methodology

The total sample size was 1,000 military veterans in the U.S. aged 18+. The survey was conducted between October 5, 2022 to October 14, 2022. Censuswide abides by and employs members of the Market Research Society which is based on the ESOMAR principles.

About APN

APN is a whole-person health company offering innovative treatment for the mind, body, and soul across the full continuum of care. Their unique approach includes integrated, custom care plans and emerging, evidence-based treatments for on-site and outpatient services, with specialized programming for healthcare workers, veterans, and athletes. Services include group and individual therapy, medical detox, deep TMS, hyperbaric oxygen therapy, trauma-based therapy, medication management, small-group fitness, and more. Since opening a flagship residence in Edwards, Colorado, APN has expanded to include additional locations in Denver and Malibu and a state-of-the-art APN Connection app to support a lasting commitment to destigmatizing mental healthcare and producing long-term results. For additional information, visit apn.com.

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